



Life

GUEST CHEF



PAOLA BACCHIA

In the watery lowlands of Italy's Emilia-Romagna region, many local dishes combine elements of the land and the sea. This recipe is by Sandro Bignami, slightly tweaked. It's one of those one-pot dishes that make cooking for a group so easy; serve at the table from the pan, adding a good sprinkling of parsley and spring onion at the end.

FISH & POTATO STEW (STUFATO DI CEFALO)

- 40g butter**
- 2 teaspoons extra virgin olive oil**
- 60g pancetta, finely diced**
- 1 large brown onion, finely diced**
- 1 clove garlic, crushed**
- 350g small new potatoes, halved**
- 80ml (1/3 cup) tomato passata**
- 500g mullet* fillets, skin and bones removed, cut into bite-sized pieces**
- Sea salt and freshly ground black pepper**
- Flat-leaf parsley leaves and sliced spring onion, to garnish**
- Crusty bread, to serve**

Place the butter and olive oil in a large frying pan over low heat. When the butter has melted, add the pancetta and cook for 5 minutes or until softened and starting to release its fat. Add the onion and cook gently for about 20 minutes until well softened but not



coloured. Add the garlic and cook for a couple of minutes until fragrant, then add the potatoes, passata and 250ml (1 cup) of water. Increase the heat and bring to the boil, then reduce the heat to low and simmer, covered, for 15-20 minutes until the potatoes are just cooked through but still firm.

Add the fish and cook, covered,

for another 10-15 minutes until cooked through. Remove the lid for the last 5 minutes or so if there is too much sauce. Season to taste with salt and pepper. Garnish with parsley and spring onion and serve with crusty bread to mop up the juices. **Serves 4**

*If you can't find mullet, trevally makes a good substitute.

IT'S ONE OF
THOSE ONE-
POT DISHES
THAT MAKE
COOKING FOR
A GROUP
SO EASY

Paola Bacchia is a Melbourne-based cook, writer, photographer and author of Italian Street Food. Edited extract from her new book Adriatico: Recipes & Stories from Italy's Adriatic Coast (Smith Street Books, \$55).

Photography:
Paola Bacchia